

Games to Make Surf Swimming Fun

- **Beach Whales –**

In groups, participants go behind the shore break and one at a time call a wave to catch. Each group is then challenged to catch the wave the furthest. Participants who hold the wave will eventually stop due to reaching sand. Participants then compare each other (some will be washed up the beach) to find the winner of each group. Points may be awarded. **Key Points include:** keeping body stiff, keep head down and breathe to the side not straight up.

- **Swimming in groups –**

A participant picks a number between 1 and 6 and this is how many participants have to swim together. They all have to stay within 2 metres of all group members and work as a team i.e. strong swimmers help and encourage less competent swimmers.

- **Surf Elimination –**

This is a great event. Introduce the imaginary World Title Belt for the winner and the kids will love it. Count number of participants (know the number to make up a quarter e.g. 20 participants = elimination of 5 each round. All participants start at a designated distance from shore e.g. can, person or behind shore break. At the drop of a flag, participants race back to shore to finish between the finish flags with the last quarter e.g. 5 finishers being eliminated (they now become judges). The qualifiers now go back out again until there are only 5 left in the final. Winner gets the imaginary World title Belt presented to them. The person, who wins, holds the belt until the next time it takes place, where they will present it to the winner.

- **Human Body board –**

In pairs, one partner acts as a 'stiff' body board while the other will attempt to catch a wave beside them and position themselves on top of the human body board with hands on human body boards shoulders.

Bad Condition Options

- **Surf Safety Talk and Beach Design –**

Look and talk about rips, types of waves, tides, swell etc. Participants may be given a piece of paper and are asked to draw the beach as if you were sitting in the lifeguard tower, labeling sand, waves, rips, gutters, flags, surfers etc. Best design wins a prize.

- **Teams Challenge –**

Split group into 2. Question challenge. Questions may be e.g. name 3 board manufacturers, who is the present World Board Champion, who is the present Australian Board Champion, what is a board made of, describe a Board race, Board Rescue race, Cameron relay race etc.